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## STRENGTH TRAINING:

### DOUBLE KNEE BENDS



- Feet shoulder width apart, bend knees to 30° keeping knees behind toes
- Return to starting position with knees slightly bent

(2 sets, 20 reps, 2-3 times per day)

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### DOUBLE LEG BRIDGES

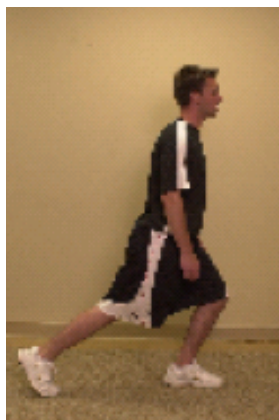
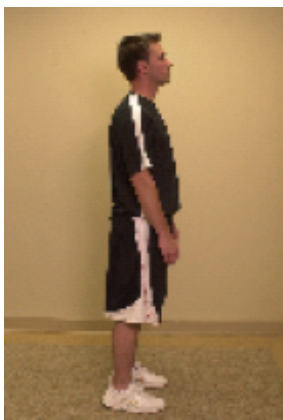


- Lie on your back with knees bent, feet shoulder width apart
- While contracting the glutes, raise hips off mat
- Shoulders, hips, and knees should form a straight line
- Progress to single leg bridge when appropriate

(2 sets, 20 reps, 2-3 times per day)

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### REVERSE LUNGE STATIC HOLD

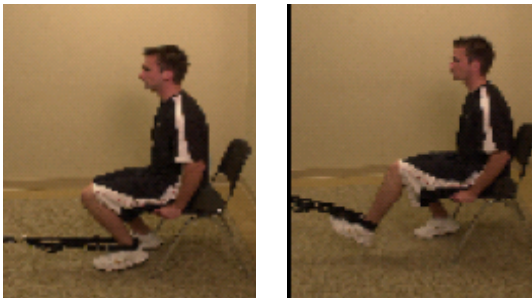


- Stand in a lunge position with the involved leg forward.
- Allow the toe of unaffected leg to touch and assist balance
- Bend the involved knee to 45° and hold that position

(2-3 sets, 10 reps, 10+second holds, 3 times per week)

## BEGINNING CORD EXERCISES:

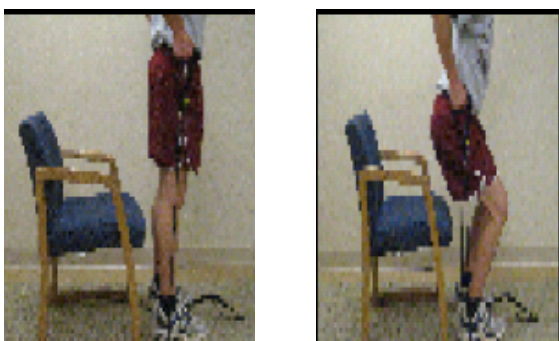
### SEATED HAMSTRING CURL



- Using resistance cord around ankle, slowly drag heel across floor towards chair
- With control, lift heel off the floor and straighten the leg, returning to the start position

(2-3 sets of 20, 1 time per day, 3 times per week)

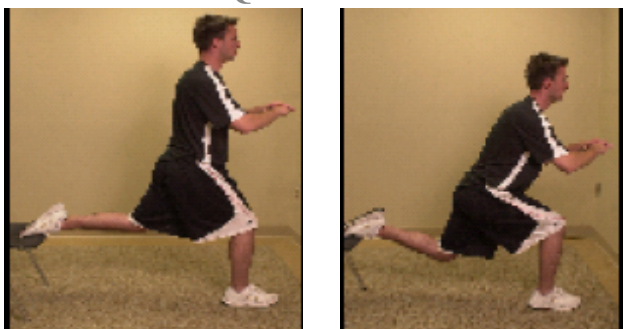
### DOUBLE KNEE BENDS WITH SPORTS CORD



- Place the sports cord underneath heels of both feet with handles lined up with the mid line on the knee
- Pull handles up to hips and begin knee bends with technique described in the Double Knee Bends

(2-3 sets to fatigue, 1 time per day, 3 times per week)

### BALANCE SQUATS



- Allow toe of uninvolved leg to touch the chair behind
- Squat with involved leg to 70°
- Avoid full extension of leg
- Keep knees behind toes and hips level

(2-3 sets, 20 reps, 3 times per week)

### SINGLE LEG DEADLIFT



- Stand on affected leg
- Keeping the back and unaffected leg straight, hinge forward at the hip
- Pull through the glutes and hamstrings to return to the start position

(2 sets, 10 reps, 1 time per day)

## LEG PRESS



- Align feet, knees, and hips
- Push through the foot to straighten leg
- Avoid hyperextension of knee
- Progress to single leg when appropriate

(2-3 sets, 20 reps, 3 times per week)

## SPORT TEST EXERCISES:

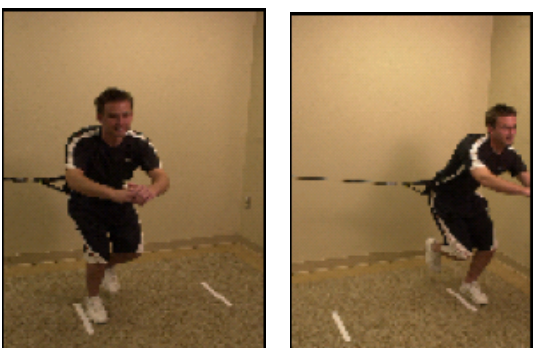
### SINGLE KNEE BENDS



- Using sport cord under involved foot, pull resistance cord up to hip
- Bend knee to 60° - 70° keeping hips level and knees behind toes
- One second down, one second up
- Avoid full extension

(1-2 sets, 1-2-3 minutes, 3 times per week)

### LATERAL AGILITY



- Hop laterally with cord resistance from surgical leg to land momentarily on non-surgical leg, and return to surgical leg with the cord pulling back to the starting position
- Emphasis on absorption by bending at the knee and hip with at least 30° of knee excursion

(2-3 sets, 30-60-90 seconds, 3 times per week)

### FORWARD/BACKWARD RUN



- Hop back and forth in place, from non-surgical leg to surgical leg in a “modified” jogging motion
- The cord is attached behind the athlete to provide a force pulling backwards
- Reverse position for backward run
- Emphasis on absorption by bending at the knee and hip with at least 30° of knee excursion

(10 minutes in 1 minute intervals, 3 times per week)



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## CARDIOVASCULAR EXERCISE:

### **BIKE WITH BOTH LEGS - RESISTANCE**

- Slowly use good leg to facilitate the movement of surgical side
- Increase speed as tolerated
- Begin @ week \_\_\_\_\_

(1-2 times per day, 5-40 minutes)

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### **AQUA-JOGGING**

- Use aqua-jogger vest in deep end of pool
- Avoid feet touching bottom
- Mimic jogging motion using arms and legs

(5-30 minutes)

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### **TREADMILL - WALKING INCLINE**

- Incline to 7 - 12°
- Take normal strides and keep your feet quiet

(5-30 minutes)

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### **SWIMMING WITH (SHORT) FINS**

- Flutter kick with kickboard as tolerated
- It is ok to kick on back with/without kickboard

(5-30 minutes)

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### **ELLIPTICAL TRAINER**

- Ease into training by not fully extending knees
- Increase time and resistance as tolerated

(10-30 minutes)

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### **ROWING**

- Ease into rowing by not fully extending knees and not bending past 90°

(10-30 minutes)

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### **STAIR STEPPER**

- Begin with a short stepping motion on light resistance
- Use your hands to support some of your weight
- Never let feet come off pedals or let pedals hit bottom
- Always maintain a slight bend in the knees

(10-30 minutes)

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